



FOUR SEASONS
RESORT AND RESIDENCES
WHISTLER

SUMMER

RESORT GUIDE





A SUMMER OF *WELLNESS* IN THE *MOUNTAINS*

This summer, wellness isn't just a part of your stay,
it's the essence of every experience.

Start your day with nourishing breakfast options, connect with the
tranquil beauty with forest & sound bathing sessions, and cycle
through breathtaking vistas on an e-bike.

Return to comfort in our outdoor pool and hot tubs, rejuvenate at our
elevated spa, and gather with loved ones to savor exquisite meals at
Sidecut Steakhouse and Braidwood Tavern.

RECONNECT *IN NATURE*

Forest bathing is the practice of visiting a natural area in a relaxed, open state of mind and connecting with the vibrant energy of that domain. This experience will guide you through a meditative journey with a focus on sound healing and breathing within the warm embrace of nature.

Available Fridays at 10:00am



DINING OPTIONS *AROUND THE RESORT*

BRAIDWOOD TAVERN & PATIO

Breakfast-Lunch-Dinner

Open daily from 7:00am to 11:00pm

Braidwood Tavern is a vibrant yet inviting retreat, inspired by the warmth of a coastal lodge and the spirit of a modern tavern. Celebrating the finest seafood and seasonal ingredients of the Pacific Northwest, the menu offers expertly prepared dishes for breakfast, lunch and dinner, complemented by a curated selection of wine and playful cocktails.

Don't miss Riviera Thursdays on the patio! CAD 68/person.



SIDECUT STEAKHOUSE & PATIO

Open daily from 6:00pm to 9:00pm

Reservations are recommended

Every meal is an experience as SIDECUT sets a new standard in culinary excellence with the debut of an extraordinary offering: a multisensory tasting menu featuring A5 olive fed wagyu. Available Sunday to Thursday on a 48 hour notice. CAD 240/person.

BRAIDWOOD CAFÉ

Lobby | Open daily from 7:00am to 1:00pm starting June 20th

POOL BAR

Open daily from 11am to 8pm starting June 21st

Sip and soak at our vibrant Pool Bar, where chilled cocktails and mountain views create the perfect retreat after your mountain adventures.

IN-ROOM *INDULGENCE*

Blending the warmth of home with your favourites from around the world, our new in-room dining menu delivers a dining experience unique to Whistler. Designed for those seeking comfort food from the comfort of their rooms, the menu showcases our culinary team's global approach to food - blending flavours from around the world with local ingredients. From vibrant breakfasts to late-night indulgences, each dish has been carefully selected to bring you the best.

IN-ROOM DINING

All Day Dining | Available 24 hours



SIGNATURE BREAKFAST TOWER

*Start your morning with
something extraordinary.*

Our Signature Breakfast Tower is a feast for the senses —layered with your favourite breakfast bites and perfect for sharing. Whether you're fueling up for a day of adventure or enjoying a slow start, it's best served with a side of alpine views on your balcony.

CAD 139 | 24 hr notice required to order.



RIVIERA THURSDAYS

Escape to the Mediterranean without leaving Whistler!

Every Thursday evening from June 26 to September 4 the courtyard transforms into a sun-soaked oasis, complete with white-and-blue coastal décor, lush olive and lemon trees, and draped pergolas for a dreamy al fresco experience.

Indulge in a sun-kissed Mediterranean buffet, savour chef-crafted dishes from a live cooking station, and top it all off with something sweet. As the sun begins to set, enjoy live music and mountain views—the perfect finishing touch to your Mediterranean escape.



Available every Thursday from
5:00pm to 8:00pm starting June 26th.
CAD 68/person

DAILY INCLUDED RESORT ACTIVITIES

COFFEE STATION

Lower Lobby | Daily from 5:00am to 7:00am

Early risers can grab a complimentary coffee next to Front Desk.

SQUAMISH LIL'WAT CULTURAL CENTRE GUIDED TOURS

Daily at 10:00am and 3:00pm

Learn more about the two First Nations communities that lived in the Whistler area. Please register and collect your tickets at the Concierge desk for this limited activity.

E-BIKES 🌲

Daily at 10:00am; 11:30am; 1:00pm; 2:30pm; and 4:00pm

E-bikes are available on a complimentary basis for a 1-hour use.
Please register with the concierge team as there is limited availability.

SEASONAL ICED TEA/LEMONADE

Lobby Level | Daily from 2:00pm to 4:00pm

Wind down after an adventurous day exploring the great outdoors with a complimentary refreshment.

WINE RECEPTION

Lower Lobby | Daily from 4:00pm to 5:00pm

Join us for our complimentary wine reception, featuring British Columbia's varietals of red and white wines.

SLUSHY BY THE CAMPER

Patio | Daily at 4:00pm to 6:00 pm

Recap your favourite summer adventure with a refreshing slushy by the picturesque patio camper.

DAILY FITNESS CLASSES 🌲

Fitness Centre - Movement Studio

Explore our diverse range of fitness classes with each session designed to meet your wellness needs. Please check our weekly class schedule for specific dates and times.
Please register with the concierge team as there is limited availability.

WEEKLY INCLUDED RESORT ACTIVITIES

MONDAY

SEA-TO-SKY CRAFT BEER TASTING ✂

Braidwood Bar | 3:00pm to 4:00pm

Experience our local craft beer program, featuring different breweries from the Sea to Sky corridor. *Please register with the concierge team as there is limited availability.*

TUESDAY

PAINT YOUR LAKE VIEW 🌲

Lobby | 9:00am

Wander through Whistler's forested Lost Lake trails on a guided nature walk, then pause at a scenic lake viewpoint for a plein air painting session with a local artist. Capture your surroundings on canvas and bring home a personalized keepsake inspired by nature's palette. *Please register with the concierge team as there is limited availability.*

PAINT THE PEAKS 🌲 Available for CAD 150/person

Lobby | 1:00pm

Ride the gondola up Whistler Mountain all the way until reaching a breathtaking alpine viewpoint. There, capture the scene on canvas and take home a keepsake inspired by the dramatic peaks. Afterward, explore at your leisure or return to the resort by shuttle. Requires minimum 4 guests to operate. *Please register by 10:00am the day before.*

THURSDAY

MAKE YOUR OWN SPA SCRUB 🌲

Braidwood Chef's Table | 3:00pm

Craft your own spa scrub using locally sourced botanicals and ingredients, guided by our spa experts. This hands-on wellness experience is rooted in nature and tradition—designed to leave your skin glowing and your senses grounded. *Please register with the concierge team as there is limited availability.*

SUNSET SOUND BATHING BY THE POOL 🌲

Pool | 9:00pm - 10:00pm

As the sun sets, float peacefully in our pool during a guided sound bathing session designed to calm the mind and restore the body. A deeply soothing pre-sleep ritual under the open sky.

Please note this activity is weather dependant.

Please register with the concierge team by 6pm as there is limited availability.

FRIDAY

FOREST SENSORY BATHING 🌲

Lobby | 10:00am

Embrace the art of forest bathing: a journey to reconnect with nature's rhythms, ground your senses, and reconnect with nature as you explore our stunning surroundings. *Please register with the concierge team as there is limited availability.*

QUEEN HONEYBEE EXPERIENCE 🌲

Lower Lobby Courtyard | 4:00pm

Our Apiarist will be present with a demonstration hive including one of our Queen Bee from our Rooftop along with her workers. Come and learn about our friendly pollinator friends and our initiative to support locally adapted bees. *Please register with the concierge team.*

SATURDAY

FORAGING FOREST WALK 🌲

Lobby | 10:00am

Guests are invited to immerse themselves in the natural beauty of Whistler's forests, lakes, and rivers—experiencing the rich biodiversity of the region. Along the way, gain a deeper understanding of the local ecosystems and the harmony that exists within the landscape. *Please register with the concierge team.*

SUNDAY

STEAKHOUSE MEMORIES: MAKE YOUR OWN SIGNATURE RUB ✂

Braidwood Chef's Table | 3:00pm to 4:00pm

Learn the secrets behind SIDECUT Steakhouse's signature flavours and create your own custom steak rub with guidance from our culinary team. A deliciously fragrant souvenir to bring a taste of Whistler home with you. *Please register with the concierge team as there is limited availability.*

RESET & RECHARGE AT THE SPA

FOUR SEASONS POOL AND WHIRLPOOLS

Open daily from 7:30am to 10:00pm

Take in pine views from the free-form outdoor heated pool. Soak in one of three hot spring-style whirlpools. During peak times, usage of the pool will be limited to a maximum of three continuous hours per day. Please note pool facilities close at 9:00pm on Thursdays. Kindly note you may need to sign up for a waitlist.

THE SPA & RETAIL

Open daily from 8:00am to 9:00pm

After an adventurous day on the slopes, relax and recover with a wide variety of healing massages. Using Canadian ingredients and traditions, our signature treatments are designed to calm and pamper the body and mind. After your treatment, explore our retail selection featuring local brands such as Paume and Skwálwen Botanicals.

SKWÁLWEN TREATMENTS BY SKWÁLWEN BOTANICALS

Skwálwen is an Indigenous skincare line that honors Skwxwú7mesh (Squamish) plant knowledge and ancestral First Nations traditions by using sustainably harvested and sourced organic plants to balance, repair, strengthen, hydrate and protect the skin.

SACRED SPACE MASSAGE

This indulgent full-body treatment begins with a Wild Rose foot exfoliation and foot massage using a hydrating salve containing nettle and arnica. Easing into a full body massage, our expert team will use relaxing strokes and botanical infused oils to allow you to reap the benefits of the healing power of nature.

SACRED SOLES PEDICURE

Unwind with us during this nature infused pedicure. A wild rose and yarrow soak begins this treatment before our team expertly maintains and pampers your soles, cuticles, and nails. A cranberry rose mask will be applied before a soothing botanical balm is used to massage feet and lower legs. Choice of polish colour concludes this journey.

FITNESS CENTRE

Open 24hrs daily

An array of fitness classes are available daily. Please refer to weekly classes schedule for dates and times. **Advanced registration with the concierge team is required.*



PAINT YOUR VIEW

Unleash your inner artist with our outdoor painting experience, where you'll journey to a stunning Whistler viewpoint and bring the landscape to life on canvas with guidance from our talented local instructor.

Available Tuesdays at 9:00am



TRANSPORTATION *AT THE RESORT*

SHUTTLE SERVICE

Available daily from 7:00am to 10:45pm | See schedule below

A complimentary shuttle service between the Resort, Private Residences and Whistler Village provides easy access to restaurants and shopping around Whistler.

7:00am to 5:00pm - Resort > Residence > Brewhouse > Sundial

5:00pm to 10:45pm - Resort > Residence > Sundial > Delta > Summit Lodge

HOUSE CAR SERVICE

Available daily from 10:00am to 10:00pm

The Resort offers a fleet of spacious luxurious SUVs for individual transportation. Service is on a first-come first-serve basis, cannot be reserved in advanced, and is subject to boundaries.

Please see our guest services team on the driveway for transport assistance to destinations outside of the main village.



LIVE SHUTTLE INFORMATION

Scan the QR code to view shuttle route and track shuttle location.



EV CHARGING

Charge your electric vehicle with connectors offering up to 16kW. Please note a one-time fee of \$10 applies. Available upon request.

TOP SUMMER ACTIVITIES

BEAR VIEWING

Experience pristine views as you are guided through old growth forest to visit active bear dens, day beds, and feeding sites. You may also experience the Olympic Park in the Callaghan Valley known to be home to most of Whistler's black bears.

HIKING

Hike through giant Douglas firs and enjoy the calm of ancient cedar groves. Visit a land of glaciers, lakes, and snow-capped mountains with an experienced mountain guide or go for a casual stroll starting here at the Resort.

Stop by the Concierge desk for suggestions on self-guided or guided hiking tours. There are opportunities for people of every age and activity level, subject to weather conditions.

HELI PICNIC & PADDLE

Enjoy a scenic flight over glaciers and mountain peaks before landing at one of the backcountry lakes in our tenure. While you take in your surroundings, your guide will set up your picnic. Afterward, relax and enjoy the peace and quiet or go on a short hike while your guide tells you more about the landscape. Opt for paddleboarding for an unforgettable experience.

MOUNTAIN BIKING

Experience the thrill of mountain biking at Whistler Blackcomb, home to one of the world's premier bike parks. Offering both private and group lessons tailored to all skill levels, you can choose between immersive full-day adventures or quick, exhilarating half-day sessions.

VALLEA LUMINA

Join a twilight expedition to explore mysterious beauty as you experience lights, sound, and special effects. The adventure will bring you through a pathway of hidden wonder, telling a story along the way. Suitable for all ages.

AUDAIN ART MUSEUM

Created by Vancouver philanthropist, developer and art collector, Michael Audain, the museum showcases an incredible collection of British Columbian art, as well as rotating international exhibits.

CANADIAN WILDERNESS ADVENTURES

MOUNTAIN EXPLORER ON BLACKCOMB

Experience the thrill of driving your own ATV or share the adventure with a friend as you explore the enchanting trails on Blackcomb Mountain. Challenge yourself in the terrain park on your fully automatic ATV or marvel at the breathtaking views of the Whistler valley and surrounding snow capped peaks. This tour is the top choice for beginners.



CALL OF THE WILD

Experience the next step in adventure ATVing! On this tour, aimed at guests with some experience, you can progress to explore more exciting terrain of the Callaghan Valley. Come try our single track trails and tackle the naturally rugged terrain.

SALMON BAKE BY ATV OR JEEP

Enjoy the incredible experience of climbing to 6,000ft on Blackcomb Mountain to the Crystal hut, and take in breathtaking views from Whistler's best patio.



JEEP SIGHTSEEING TOURS

Explore Blackcomb Mountain's beautiful scenery on one of Canadian Wilderness Adventure's Jeep 4x4 tours. Enjoy spectacular mountain vistas and wildlife in their natural habitat. No two tours are the same as changing mountain colours and wildlife create new paths for exploration.

ODYSSEY OFF-ROAD BUGGY

Take this tour to learn how to drive your very own off-road vehicle. During this family-friendly tour you will climb rugged mountain roads and forested trails up to scenic mountain viewpoints on this epic journey.





MEET MARSHMALLOW

The bear whose heartwarming tale of adventure and sweet dreams has captured the imagination of many. From his home in the forest near the Four Seasons Whistler, Marshmallow embarked on a journey filled with wonder. Now, you can bring home Marshmallow and keep the spirit alive! A portion of each purchase supports B.C. Children's Hospital.



CHAT WITH US THROUGH *THE FOUR SEASONS APP*

- Make and manage reservations.
- Wait-free check-in and check-out.
- Room service
- Easily book restaurant and spa reservations.
- Extra pillows, forgot-to-pack toiletries, and turndown services when you want them.



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